

Community News

Mail announcements to The Estill Tribune, 6135 Winchester Road, Irvine, KY 40336
Call (606) 723-5012; Fax to (606) 723-2743;
or E-mail it to <News@EstillTribune.Com>

Wednesdays, now at 5:30pm

Beginner Yoga at Marcum-Wallace

Beginner Yoga class at Marcum & Wallace Hospital is held in the Mercy Room each Wednesday from 5:30 to 6:30 p.m. with instructor Laritza Gomez. The cost is one non-perishable food item for Helping Hands Outreach Ministry. Bring your own yoga mat. The instructor will guide the class through basic poses focused on relaxation, building core strength and flexibility. For class updates, please check the Marcum & Wallace Hospital Facebook page.

Thursday, June 29th @ 2pm

Hawaiian Hula Dance Party

Estill County Public Library, 246 Main Street, Irvine, will be hosting a Hawaiian Hula Dance Party on Thursday, June 29th at 2:00 p.m. We're welcoming Marie Riggs of Hawaiian Hula and Ori Tahiti of Louisville to demonstrate and teach us Hula. Call Lesa Ledford Adult Services Librarian at 723-3030 for more information.

Thursday, June 29th @ 5:30pm

Irvine-Ravenna Kiwanis Club

The Kiwanis Club of Irvine-Ravenna will meet Thursday, June 29 at 5:30 p.m. at Steam Engine's Session Room. A devotional will be given and plans will be made for upcoming activities and projects. Kiwanis members work together to achieve what one person cannot accomplish alone. When a child is given the chance to learn, experience, dream, grow, succeed and thrive, great things happen.

Fridays, 4-7 p.m. at the fairgrounds

Estill County Farmers' Market

The Estill County Farmers' Market is not open on Fridays in 2017. Hours are from 4 p.m. to 7 p.m. at the Estill County Fairgrounds pavilion. Have extra produce? New vendors are always welcome. Call market coordinator Hannah Eaton at 726-0673 with any questions.

Saturday, July 1st @ 1:00pm

Estill Little Mister and Little Miss

The Estill County Fair Board will be presenting its annual Little Mister and Little Miss Estill County Pageant on Saturday, July 1, 2017, 1:00 p.m., at the fairgrounds. All entries must be Estill County residents, boys and girls, ages five through seven as of July 1, 2017. You may pre-register at the Estill County Farmers Market on Fridays, 4-7 p.m. or bring your registration form and entry fee to practice at the fairgrounds on Friday, June 30th. The winning boy and girl each receive a crown, banner and a trophy. All contestants receive a blue ribbon and a coin dollar. For further information, contact Tammy Cole at 723-4326 or Susan Lay at 726-9989.

Tuesday, July 4th @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, July 4th and on the first and third Tuesday of every month at Rader's River Restaurant. The meal is at 6:30 p.m. and business meeting begins at 7 p.m. Estill County Lions Club is part of Lions Club International, with 1.35 million members in 205 countries around the world. We invite those who feel a call to make our community a better place through service to attend and learn about how Lions around the world earn our motto, "We Serve..."

Tuesday, July 4th @ 7:00pm

Estill County Fair Baby Show

The annual Baby Show at the Estill County Fair will be held this year on Tuesday, July 4th, starting at 7:00 p.m. Pre-registration is necessary. You may pre-register at the Estill County Farmers Market on Fridays, 4-7 p.m. or at the fairgrounds on Monday and Tuesday, July 3rd & 4th, by 7:00 p.m. All entries must be Estill County residents, birth to 4 years old as of July 4, 2017. Boy and girl class champions will receive a trophy. All contestants receive a blue ribbon and a coin dollar. For further information, contact Tammy Cole at 723-4326 or Susan Lay at 726-9989. A mail-in registration form is included in this newspaper.



The Veterans Benefits Field Representative will be at the **Estill County Public Library**, 246 Main Street in Irvine, on Thursday, July 6th and normally the first Thursday of each month. The hours are 1:30 p.m. until 3:30 p.m.

Veterans and their dependants will receive assistance filing for Federal and State veterans benefits. This service is provided free of charge by the Kentucky Department of Veterans Affairs. To apply, veterans need to furnish copies of pertinent documentation to verify eligibility. For further information, please call toll free within Kentucky, 1-866-376-0308, to speak with a Veterans Benefits Field Representative.

Friday, July 7th @ 9am

Retired Co. C Guard Breakfast

Attention: All retired and former National Guard members of Charlie Company 1/149th. There will be a breakfast at Cracker Barrel, in Richmond, on Friday, July 7th and on the first Friday of each month at 9 a.m. All are invited and welcome. Hope to see you there!

Saturday, July 8th -- 8:00am-1:00pm

Estill County Blood Drive

Area donors are invited to be summer lifesavers at the upcoming Kentucky Blood Center (KBC) blood drive for the Estill County Community on Saturday, July 8, 2017, from 8 a.m. - 1 p.m. at the First Christian Church in the Fellowship Hall at 270 Main Street in Irvine. The need for blood doesn't take a vacation. Accidents, surgeries, cancer therapies and disease treatments continue year round. Unfortunately, vacations and more relaxed summer schedules often lead to a dip in blood donations. To help ensure a strong summer blood supply, Kentucky Blood Center (KBC) is inviting everyone to roll up their sleeves and be a summer lifesaver. As a thank you, everyone (18 years and older) who registers to give blood will be automatically entered to win a 2017 Toyota Highlander. The Summer Lifesaver Highlander Giveaway will run June 1-Sept. 8. All donors will be entered to win tickets to Red, White and Boom!

Walk-ins are welcome, but appointments can be made by visiting kybloodcenter.org and clicking on the Donor Login button at the bottom of the page or by calling 800.775-2522, ext. 3758.

Blood donors must be 17-years-old (16 with parental consent), weigh at least 110 pounds and be in general good health. Donors must also show a photo I.D. with first and last name, like a state-issued driver's license. Sixteen-year-old donors must have a signed parental permission slip, which can be found at kybloodcenter.org.

Friday, July 14th @ 1pm

Ronald McDonald at the Library

Come see Ronald McDonald at the Estill County Library for a little MAGIC and a lot of LAUGHS! on Friday, July 14th at 1:00 p.m. The Library is located at 246 Main Street in Irvine. Call Lesa Ledford Adult Services Librarian at 723-3030 for more information.

Saturday, July 15th @ 8pm

Ladies Auxiliary "Prom Night"

The Ladies Auxiliary of American Legion Post 79 will be holding "Prom Night" on Saturday, July 15th, starting at 8 p.m. at the Legion Hall on Millers Creek Road. Kenny Chana Ultimate will be providing the music for a good night to dress up and dance the night away. \$5.00 per person.

July 17-21

RCP's Children's Theatre Camp

River City Players' 4th Annual Children's Theater Camp July 17th - 21st. This year's tuition-free camp will accept 30 children ages 8 to 16 yrs. Lunch and snack will be provided. Dialogue coach, Penny West, will prepare the campers for their performances' in her selection of two Fractured Fairy Tales. Music and Dance Coach, Laurie White, will prepare the campers for their performance of traditional song and dance.

Registration will be held in the lobby of the Mack Theater on Saturday, June 24th, 10 a.m. - 2 p.m. and Tuesday evening, June 27th, 3 p.m. - 6 p.m. Pre-registration is required. Age limits will be strictly observed.

Saturday, July 22nd @ 4:00pm

ECHS Class of '62 Reunion

The 55th class reunion of the Estill County High School Class of 1962 will be held at 4:00 p.m., Saturday, July 22, 2017, with a "meet and greet" at Michael's Restaurant in Ravenna. Cost is \$15.00 per person and includes tips. For more information, contact Jessica Irene Abney at (859) 687-0611 or (859) 229-2334, or by email at <JAbney44@gmail.com>.

Tuesday, July 25th @ 6pm

Summer Reading Ice Cream Party

The Estill County Library is hosting an "End-of-Summer-Reading" Ice Cream Party on Tuesday, July 25, 2017, starting at 6:00 p.m. at Rising Park on Court Street (behind the library). Call Lesa Ledford Adult Services Librarian at 723-3030 for more information.

Kitchen Diva A Cool Way to Celebrate the Red, White and Blue

by ANGELA SHELF MEDEARIS

Independence Day will be celebrated a little differently this year at our house. Instead of thinking about recipes for meat, heat and firing up the grill, I've been reading about how this historic celebration was created and how I can incorporate a little "red, white and blue" into my menu.

Americans often celebrate on July 4th without knowing the fascinating history about how this special day came to be.

"No taxation without representation!" That was the battle cry of the 13 American colonies that were forced to pay taxes to England's King George III with no representation in Parliament. As dissatisfaction grew, British troops were sent in to quell any signs of rebellion, and repeated attempts by the colonists to resolve the crisis without war proved fruitless.

On June 11, 1776, the colonies' Second Continental Congress meeting in Philadelphia formed a committee to draft a document that would formally sever ties with Great Britain. The group included Thomas Jefferson, Benjamin Franklin and John Adams. Jefferson, who was considered the strongest and most eloquent writer, crafted the document. (Nevertheless, a total of 86 changes were made to his draft!) The Continental Congress officially adopted the final version on July 4.

Copies of the Declaration of Independence were distributed and, on July 6, The Pennsylvania Evening Post became the first newspaper to print the extraordinary document. On July 8, 1776, the first public readings of the Declaration were held in Philadelphia's Independence Square to the ringing of bells and band music. The Declaration of Independence would go on to become our nation's most cherished symbol of liberty.

One year later, on July 4, 1777, Philadelphia marked Independence Day by adjourning Congress and celebrating with bonfires, bells and fireworks. The custom eventually spread to other cities and towns, where the day was marked with processions, oratory, picnics, contests, games, military displays and fireworks. Observations throughout the nation became even more common following the War of 1812 with Great Britain.

Congress established Independence Day as a holiday in 1870, and in 1938, Congress reaffirmed it as a holiday, but with full pay for federal employees. Today, communities across the nation mark this major midsummer holiday with parades, firework displays, picnics and the playing of the "The Star-Spangled Banner" and marches by John Philip Sousa. The most important part of this classic celebration is recognizing the blessing of being an American!

After the fireworks, cool off your hot Independence Day celebration with this deliciously patriotic dessert!



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RED, WHITE AND BLUE ICE CREAM SHAKES

- 1 half-gallon vanilla ice cream
- 2-3 drops red food coloring
- 2-3 drops blue food coloring
- Whipped cream

Red, White and Blue Candy Bark (recipe follows)

1. Soften ice cream to a soft serve/yogurt texture by leaving it on the counter until it reaches the desired texture or by placing it in the microwave for 30 to 45 seconds. Evenly divide ice cream into three bowls.

2. Place red food coloring in one bowl and blue food coloring in the other, using a whisk beat each bowl until color is well-blended.

3. Layer bottom of glass with red ice cream, then plain vanilla and blue ice cream, using long spoon or knife drag it from the bottom to the top, stirring in between to mix the color (do not overmix). Top with whipped cream and pieces of Red, White and Blue Candy Bark.

RED, WHITE AND BLUE CANDY BARK

- 1 cup white candy melts, melted
- 1 cup blue candy melts, melted
- 1 cup red candy melts, melted
- 1/3 cup red, white and blue sprinkles
- 2 tablespoons edible gold stars (available at craft stores)
- 2 tablespoons blue edible glitter (available at craft stores)

1. On a baking sheet, add spoonfuls of melted white, blue and red candy melts, adding twice as many white spoonfuls as red and blue.

2. Using an offset spatula or knife, swirl colors together, creating a tie-dye effect. Top with sprinkles and edible gold stars and glitter.

3. Freeze 20 minutes and break into pieces and place it on top of the Red, White and Blue Ice Cream Shake.

Angela Shelf Medearis is an award-winning children's author, culinary historian and the author of seven cookbooks. Her new cookbook is "The Kitchen Diva's Diabetic Cookbook." Her website is www.divapro.com. To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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87 Wildwood Place (off Court St.)
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